

PICK YOUR POISON TRAIL RUN

Heights of Horseshoe, May 1, 2010

Race Results Menu	# of Entrants
12.5 km TRAIL RUN OVERALL	47
12.5 km Men 44 & U	12
12.5 km Men 45 +	6
12.5 km Women 44 & U	19
12.5 km Women 45 +	10
25 km TRAIL RUN OVERALL	71
25 km Men 44 & U	21
25 km Men 45 +	27
25 km Women 44 & U	14
25 km Women 45 +	9
50 km TRAIL RUN OVERALL	58
50 km Men 44 & U	17
50 km Men 45 +	27
50 km Women 44 & U	8
50 km Women 45 +	6

Race Management by HardTime Timing System

OFFICIAL RESULTS				12.50 Km			12.5 km TRAIL RUN OVERALL	
RK	BIB	PARTICIPANT		FINISH	--DIFF--	AV KM/H	%	
1	145	Matt Druken	Hawkestone	0:53:53.8		13.92	100.00	
2	158	Kevin Kelly	Toronto	1:04:29.9	0:10:36.1	11.63	83.56	
3	146	Melanie Edwards	Toronto	1:08:04.6	0:14:10.8	11.02	79.17	
4	139	Megan Bell	Orillia	1:10:27.5	0:16:33.7	10.64	76.49	
5	177	Leah Burgan	Orillia	1:10:45.9	0:16:52.1	10.60	76.16	
6	85	Glenn Fenning	Bond Head	1:10:51.6	0:16:57.8	10.58	76.06	
7	175	Salvatore Mirandola	Woodbridge	1:11:06.2	0:17:12.4	10.55	75.80	
8	159	Sean Kidd	Toronto	1:15:17.2	0:21:23.4	9.96	71.58	
9	160	Gord Kidd	Etobicoke	1:15:18.8	0:21:25.0	9.96	71.56	

10	166	Theresa O'reilly	Penetanguishene	1:15:21.2	0:21:27.4	9.95	71.52	
11	153	Paul Hallinan	Toronto	1:15:26.9	0:21:33.1	9.94	71.43	
12	164	Ali Mirkarimi	Barrie	1:15:55.0	0:22:01.2	9.88	70.99	
13	172	Jennifer Wagner	Orillia	1:16:34.6	0:22:40.8	9.79	70.38	
14	144	Heather Douglas	Huntsville	1:18:06.2	0:24:12.4	9.60	69.00	
15	151	Wanda Ferguson	Mississauga	1:18:48.5	0:24:54.7	9.52	68.38	
16	141	Maria Chafe	Orillia	1:19:34.1	0:25:40.3	9.43	67.73	
17	142	Shannon Demers	Barrie	1:20:53.5	0:26:59.7	9.27	66.62	
18	173	Adam Whittal	Orillia	1:21:04.3	0:27:10.5	9.25	66.48	
19	163	Sarah Marshall	Midland	1:21:53.5	0:27:59.7	9.16	65.81	
20	156	Kelly Huang	Barrie	1:22:11.0	0:28:17.2	9.13	65.58	
21	157	Neil Jefferson	Huntsville	1:24:27.1	0:30:33.3	8.88	63.81	
22	155	Jean Horne	Orillia	1:24:38.5	0:30:44.7	8.86	63.67	
23	167	Amber Panchyshyn	Toronto	1:24:59.5	0:31:05.7	8.82	63.41	
24	136	Peter Ashworth	Innisfil	1:27:08.8	0:33:15.0	8.61	61.84	
25	152	Victoria Fitchett	Toronto	1:29:32.1	0:35:38.3	8.38	60.19	
26	170	Craig Southwell	Toronto	1:29:34.4	0:35:40.6	8.37	60.17	
27	149	Mike Epp	Orillia	1:29:52.4	0:35:58.6	8.35	59.96	
28	165	Mark Mountjoy	Shelburne	1:30:10.3	0:36:16.5	8.32	59.77	
29	154	William Hedges	Barrie	1:30:24.7	0:36:30.9	8.30	59.61	
30	176	Theresa Bartlett	Barrie	1:30:26.2	0:36:32.4	8.29	59.59	
31	150	Jeff Fair	Innisfil	1:31:24.4	0:37:30.6	8.21	58.96	
32	161	Elaine Kleinikkink	Orillia	1:32:20.1	0:38:26.3	8.12	58.37	
33	56	Tanya Solowka	Pickering	1:33:58.6	0:40:04.8	7.98	57.35	
34	171	Gwen Thompson	Orangeville	1:36:05.8	0:42:12.0	7.80	56.08	
35	137	Lorna Avery-cooper	Barrie	1:38:09.7	0:44:15.9	7.64	54.90	
36	140	Nerina Black	Innisfil	1:41:23.8	0:47:30.0	7.40	53.15	
37	168	Sandi Piper	Mount Albert	1:43:38.0	0:49:44.2	7.24	52.00	
38	84	Lesley Eccles	Mt Albert	1:43:38.7	0:49:44.9	7.24	52.00	
39	179	Jennifer Thurston	Barrie	1:47:11.3	0:53:17.5	7.00	50.28	
40	178	Leslie Wright	Barrie	1:47:12.8	0:53:19.0	7.00	50.27	
41	162	Jen Liptrot	Toronto	1:48:08.3	0:54:14.5	6.94	49.84	
42	143	Barry Dobson	Orillia	1:53:00.7	0:59:06.9	6.64	47.69	
43	147	Lori Elder	Moonstone	2:00:59.1	1:07:05.3	6.20	44.54	
44	174	Angela Willows	Aurora	2:01:26.2	1:07:32.4	6.18	44.38	
45	169	Gail Smith	Toronto	2:37:10.4	1:43:16.6	4.77	34.29	
	138	Rod Beckett	Newmarket		D N S	-----		----
	148	Tracy Emerson	Orangeville		D N S	-----		----

OFFICIAL RESULTS			12.50 Km	12.5 km Men 44 & U			
RK	BIB	PARTICIPANT		FINISH	--DIFF--	AV KM/H	%
1	145	Matt Druken	Hawkestone	0:53:53.8		13.92	100.00
2	158	Kevin Kelly	Toronto	1:04:29.9	0:10:36.1	11.63	83.56

3	175	Salvatore Mirandola	Woodbridge	1:11:06.2	0:17:12.4	10.55	75.80
4	159	Sean Kidd	Toronto	1:15:17.2	0:21:23.4	9.96	71.58
5	164	Ali Mirkarimi	Barrie	1:15:55.0	0:22:01.2	9.88	70.99
6	173	Adam Whittal	Orillia	1:21:04.3	0:27:10.5	9.25	66.48
7	170	Craig Southwell	Toronto	1:29:34.4	0:35:40.6	8.37	60.17
8	149	Mike Epp	Orillia	1:29:52.4	0:35:58.6	8.35	59.96
9	165	Mark Mountjoy	Shelburne	1:30:10.3	0:36:16.5	8.32	59.77
10	154	William Hedges	Barrie	1:30:24.7	0:36:30.9	8.30	59.61
11	150	Jeff Fair	Innisfil	1:31:24.4	0:37:30.6	8.21	58.96
	138	Rod Beckett	Newmarket	D N S	-----		----

OFFICIAL RESULTS **12.50 Km** **12.5 km Men 45 +**

RK	BIB	PARTICIPANT		FINISH	--DIFF--	AV KM/H	%
1	85	Glenn Fenning	Bond Head	1:10:51.6		10.58	100.00
2	160	Gord Kidd	Etobicoke	1:15:18.8	0:04:27.2	9.96	94.08
3	153	Paul Hallinan	Toronto	1:15:26.9	0:04:35.3	9.94	93.91
4	157	Neil Jefferson	Huntsville	1:24:27.1	0:13:35.5	8.88	83.90
5	136	Peter Ashworth	Innisfil	1:27:08.8	0:16:17.2	8.61	81.31
6	143	Barry Dobson	Orillia	1:53:00.7	0:42:09.1	6.64	62.70

OFFICIAL RESULTS **12.50 Km** **12.5 km Women 44 & U**

RK	BIB	PARTICIPANT		FINISH	--DIFF--	AV KM/H	%	
1	146	Melanie Edwards	Toronto	1:08:04.6		11.02	100.00	
2	139	Megan Bell	Orillia	1:10:27.5	0:02:22.9	10.64	96.61	
3	144	Heather Douglas	Huntsville	1:18:06.2	0:10:01.6	9.60	87.16	
4	141	Maria Chafe	Orillia	1:19:34.1	0:11:29.5	9.43	85.55	
5	142	Shannon Demers	Barrie	1:20:53.5	0:12:48.9	9.27	84.15	
6	163	Sarah Marshall	Midland	1:21:53.5	0:13:48.9	9.16	83.13	
7	156	Kelly Huang	Barrie	1:22:11.0	0:14:06.4	9.13	82.83	
8	155	Jean Horne	Orillia	1:24:38.5	0:16:33.9	8.86	80.42	
9	167	Amber Panchyshyn	Toronto	1:24:59.5	0:16:54.9	8.82	80.09	
10	152	Victoria Fitchett	Toronto	1:29:32.1	0:21:27.5	8.38	76.03	
11	176	Theresa Bartlett	Barrie	1:30:26.2	0:22:21.6	8.29	75.27	
12	56	Tanya Solowka	Pickering	1:33:58.6	0:25:54.0	7.98	72.43	
13	171	Gwen Thompson	Orangeville	1:36:05.8	0:28:01.2	7.80	70.84	
14	140	Nerina Black	Innisfil	1:41:23.8	0:33:19.2	7.40	67.13	
15	84	Lesley Eccles	Mt Albert	1:43:38.7	0:35:34.1	7.24	65.68	
16	179	Jennifer Thurston	Barrie	1:47:11.3	0:39:06.7	7.00	63.51	
17	162	Jen Liptrot	Toronto	1:48:08.3	0:40:03.7	6.94	62.95	
18	174	Angela Willows	Aurora		2:01:26.2	0:53:21.6	6.18	56.05
19	169	Gail Smith	Toronto		2:37:10.4	1:29:05.8	4.77	43.31

OFFICIAL RESULTS **12.50 Km** **12.5 km Women 45 +**

RK	BIB	PARTICIPANT		FINISH	--DIFF--	AV KM/H	%
1	177	Leah Burgan	Orillia	1:10:45.9		10.60	100.00

2	166	Theresa O'reilly	Penetanguishene	1:15:21.2	0:04:35.3	9.95	93.91
3	172	Jennifer Wagner	Orillia	1:16:34.6	0:05:48.7	9.79	92.41
4	151	Wanda Ferguson	Mississauga	1:18:48.5	0:08:02.6	9.52	89.79
5	161	Elaine Kleinikkink	Orillia	1:32:20.1	0:21:34.2	8.12	76.63
6	137	Lorna Avery-cooper	Barrie	1:38:09.7	0:27:23.8	7.64	72.09
7	168	Sandi Piper	Mount Albert	1:43:38.0	0:32:52.1	7.24	68.28
8	178	Leslie Wright	Barrie	1:47:12.8	0:36:26.9	7.00	66.00
9	147	Lori Elder	Moonstone	2:00:59.1	0:50:13.2	6.20	58.49
	148	Tracy Emerson	Orangeville	D N S	-----		-----

OFFICIAL RESULTS**25.00 Km****25 km TRAIL RUN
OVERALL**

RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H	%
1	128	Mike Tickner	Kitchener	1:52:20.3		13.35	100.00
				0:55:49.2	0:56:31.1		
2	126	Mark Tarnopolsky	Hamilton	1:57:26.6	0:05:06.3	12.77	95.65
				0:57:32.9	0:59:53.7		
3	106	Allan Magi	Dundas	1:58:38.3	0:06:18.0	12.64	94.68
				0:57:37.0	1:01:01.3		
4	97	Robert Holmgren	Orillia	2:01:06.1	0:08:45.8	12.39	92.76
				0:57:38.4	1:03:27.7		
5	123	Jason Shaw	Mt Albert	2:06:09.2	0:13:48.9	11.89	89.04
				1:00:47.1	1:05:22.1		
6	110	Philip Montgomery	Barrie	2:07:48.7	0:15:28.4	11.74	87.89
				1:04:53.6	1:02:55.1		
7	115	Justin Pozin	Toronto	2:08:56.7	0:16:36.4	11.63	87.12
				1:01:42.4	1:07:14.3		
8	74	Richard Bowry	Toronto	2:09:20.4	0:17:00.1	11.60	86.85
				1:03:17.9	1:06:02.5		
9	98	Gleb Jegaline	Toronto	2:11:07.7	0:18:47.4	11.44	85.67
				1:01:09.5	1:09:58.2		
10	70	Krista Bolyea	Orillia	2:13:48.7	0:21:28.4	11.21	83.95
				1:06:30.7	1:07:18.0		
11	131	Chantal Warriner	Barrie	2:13:50.4	0:21:30.1	11.21	83.93
				1:06:31.3	1:07:19.1		
12	73	Adrien Boutin	Toronto	2:15:24.9	0:23:04.6	11.08	82.95
				1:09:07.2	1:06:17.7		
13	109	Keith Mercer	Orillia	2:15:25.7	0:23:05.4	11.08	82.95
				1:07:18.6	1:08:07.1		
14	114	Matthew Pickard	Stoney Creek	2:17:36.5	0:25:16.2	10.90	81.63
				1:06:34.2	1:11:02.3		
15	71	David Bondy	Scarborough	2:17:58.6	0:25:38.3	10.87	81.41
				1:07:49.4	1:10:09.2		
16	94	Dawn Hamel	Sugarbush	2:18:43.0	0:26:22.7	10.81	80.98

				1:07:14.2	1:11:28.8		
17	113	Shawn Patton	Barrie	2:18:43.8	0:26:23.5	10.81	80.97
				1:08:23.7	1:10:20.1		
18	96	Dave Hitchon	Midhurst	2:19:50.1	0:27:29.8	10.73	80.33
				1:07:20.2	1:12:29.9		
19	134	Andrew Fishpool	Orillia	2:20:09.5	0:27:49.2	10.70	80.15
				1:08:41.9	1:11:27.6		
20	121	Scott Sawyer	Pickering	2:23:32.5	0:31:12.2	10.45	78.26
				1:08:44.3	1:14:48.2		
21	120	Laurent Saugrin	Markham	2:24:06.1	0:31:45.8	10.41	77.95
				1:11:20.5	1:12:45.6		
22	129	Carlos Vicens	Toronto	2:24:42.2	0:32:21.9	10.37	77.63
				1:09:03.8	1:15:38.4		
23	65	Carey Arnott	Whitby	2:26:18.1	0:33:57.8	10.25	76.78
				1:08:28.0	1:17:50.1		
24	103	Greg Leskien	Cambridge	2:26:44.1	0:34:23.8	10.22	76.55
				1:10:54.6	1:15:49.5		
25	105	Sue Mackay	Thornbury	2:28:15.6	0:35:55.3	10.12	75.77
				1:11:19.2	1:16:56.4		
26	86	Mike Ferguson	Toronto	2:29:06.4	0:36:46.1	10.06	75.34
				1:11:18.0	1:17:48.4		
27	81	Chris Doran	Georgetown	2:29:17.4	0:36:57.1	10.05	75.24
				1:13:24.1	1:15:53.3		
28	87	Rick Fishell	Toronto	2:35:20.7	0:43:00.4	9.66	72.31
				1:14:08.2	1:21:12.5		
29	108	Douglas Marshall	Midland	2:36:10.6	0:43:50.3	9.60	71.93
				1:16:31.4	1:19:39.2		
30	78	Greg Cormack	Churchill	2:39:01.2	0:46:40.9	9.43	70.64
				1:17:39.1	1:21:22.1		
31	100	David Knox	Midhurst	2:39:19.5	0:46:59.2	9.41	70.50
				1:14:17.5	1:25:02.0		
32	91	Bert Geyer	Newmarket	2:41:39.9	0:49:19.6	9.28	69.48
				1:16:07.1	1:25:32.8		
33	92	Sheldon Gragg	Georgetown	2:43:46.7	0:51:26.4	9.16	68.59
				1:14:34.9	1:29:11.8		
34	104	Bill Maciver	Toronto	2:43:55.4	0:51:35.1	9.15	68.53
				1:22:19.9	1:21:35.5		
35	89	Scott Garrett	Shanty Bay	2:43:59.3	0:51:39.0	9.15	68.50
				1:21:01.6	1:22:57.7		
36	30	Peter Kalra	Acton	2:44:17.7	0:51:57.4	9.13	68.37
				1:18:50.1	1:25:27.6		
37	75	Chris Brokenshire	Etobicoke	2:47:12.5	0:54:52.2	8.97	67.18
				1:20:59.3	1:26:13.2		
38	107	Pierre Marcoux	Creemore	2:47:26.3	0:55:06.0	8.96	67.09
				1:18:37.9	1:28:48.4		

39	112	Alan Paterson	Pickering	2:48:54.1	0:56:33.8	8.88	66.51
				1:17:04.8	1:31:49.3		
40	88	Heather Forster	Everett	2:52:51.5	1:00:31.2	8.68	64.98
				1:20:56.1	1:31:55.4		
41	69	Ray Bisson	Toronto	2:53:37.4	1:01:17.1	8.64	64.70
				1:21:42.1	1:31:55.3		
42	82	Lee Dungate	Utopia	2:55:37.1	1:03:16.8	8.54	63.96
				1:24:13.2	1:31:23.9		
43	122	Bob Schwarz	Bradford	2:56:22.1	1:04:01.8	8.50	63.69
				1:24:01.4	1:32:20.7		
44	111	Reed Nelson	Toronto	2:56:56.7	1:04:36.4	8.48	63.48
				1:24:08.2	1:32:48.5		
45	76	Gary Cambridge	Ilderton	2:57:37.4	1:05:17.1	8.44	63.24
				1:23:03.0	1:34:34.4		
46	125	Richard Slaght	Keswick	2:58:21.2	1:06:00.9	8.41	62.98
				1:24:46.8	1:33:34.4		
47	83	Brenda East	Midhurst	2:58:32.3	1:06:12.0	8.40	62.92
				1:24:11.2	1:34:21.1		
48	127	Jackie Tarnopolsky	Hamilton	2:58:49.0	1:06:28.7	8.39	62.82
				1:25:08.0	1:33:41.0		
49	132	Mark Wilkinson	London	2:58:50.2	1:06:29.9	8.39	62.81
				1:23:42.8	1:35:07.4		
50	118	Michael Rigato	Brampton	3:00:36.7	1:08:16.4	8.31	62.19
				1:26:19.3	1:34:17.4		
51	101	Sandra Lalonde	Barrie	3:03:56.5	1:11:36.2	8.15	61.07
				1:27:37.2	1:36:19.3		
52	95	Dave Harrison	Komoka	3:03:59.2	1:11:38.9	8.15	61.05
				1:23:40.7	1:40:18.5		
53	68	Barbara Goldman	Thornhill	3:04:27.1	1:12:06.8	8.13	60.90
				1:25:10.9	1:39:16.2		
54	79	Shaun Demers	Barrie	3:04:40.5	1:12:20.2	8.12	60.83
				1:19:28.8	1:45:11.7		
55	117	Kristine Raymond	Orillia	3:07:57.8	1:15:37.5	7.98	59.76
				1:29:12.7	1:38:45.1		
56	90	Kim Getty	Horseshoe Valley	3:08:45.9	1:16:25.6	7.95	59.51
				1:30:28.0	1:38:17.9		
57	130	Sarah Vurma	Coldwater	3:08:46.6	1:16:26.3	7.95	59.50
				1:30:44.1	1:38:02.5		
58	133	Jody Levine	Etobicoke	3:13:07.7	1:20:47.4	7.77	58.16
				1:31:07.2	1:42:00.5		
59	18	Lee Anne Francis	Courtice	3:14:25.3	1:22:05.0	7.72	57.78
				1:29:00.5	1:45:24.8		
60	102	Jennifer Lamarre	Mississauga	3:17:58.5	1:25:38.2	7.58	56.74
				1:37:09.0	1:40:49.5		

61	77	Judy Compton	Toronto	3:18:03.6	1:25:43.3	7.57	56.71
				1:37:28.3	1:40:35.3		
62	16	Christy Drimmel	Sudbury	3:22:18.6	1:29:58.3	7.41	55.52
				1:33:17.1	1:49:01.5		
63	116	Paul Raymond	Orillia	3:23:05.4	1:30:45.1	7.39	55.31
				1:36:21.1	1:46:44.3		
64	66	Greg Aspden	St Catharines	3:34:41.5	1:42:21.2	6.99	52.32
				1:28:46.1	2:05:55.4		
65	67	Kate Auger	Bolton	3:39:12.5	1:46:52.2	6.84	51.24
				1:43:05.9	1:56:06.6		
66	99	Gary Johnson	Oakville	3:49:18.8	1:56:58.5	6.54	48.98
				1:49:36.7	1:59:42.1		
67	80	Kim Diamond	Toronto	4:07:07.5	2:14:47.2	6.07	45.45
				1:53:01.9	2:14:05.6		
	72	Christine Boose	Windsor	D N S	-----		----
				XX:XX:XX.X	XX:XX:XX.X		
	93	Andrew Hall	Kingston	D N S	-----		----
				XX:XX:XX.X	XX:XX:XX.X		
	119	Kristen Roth	Barrie	D N S	-----		----
				XX:XX:XX.X	XX:XX:XX.X		
	135	Clare Mitchell	Barrie	D N F	-----		----
					1:33:40.9	XX:XX:XX.X	

OFFICIAL RESULTS			25.00 Km	25 km Men 44 & U
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RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H	%
1	128	Mike Tickner	Kitchener	1:52:20.3		13.35	100.00
				0:55:49.2	0:56:31.1		
2	97	Robert Holmgren	Orillia	2:01:06.1	0:08:45.8	12.39	92.76
				0:57:38.4	1:03:27.7		
3	110	Philip Montgomery	Barrie	2:07:48.7	0:15:28.4	11.74	87.89
				1:04:53.6	1:02:55.1		
4	115	Justin Pozin	Toronto	2:08:56.7	0:16:36.4	11.63	87.12
				1:01:42.4	1:07:14.3		
5	74	Richard Bowry	Toronto	2:09:20.4	0:17:00.1	11.60	86.85
				1:03:17.9	1:06:02.5		
6	98	Gleb Jegaline	Toronto	2:11:07.7	0:18:47.4	11.44	85.67
				1:01:09.5	1:09:58.2		
7	73	Adrien Boutin	Toronto	2:15:24.9	0:23:04.6	11.08	82.95
				1:09:07.2	1:06:17.7		
8	114	Matthew Pickard	Stoney Creek	2:17:36.5	0:25:16.2	10.90	81.63
				1:06:34.2	1:11:02.3		
9	96	Dave Hitchon	Midhurst	2:19:50.1	0:27:29.8	10.73	80.33
				1:07:20.2	1:12:29.9		
10	134	Andrew Fishpool	Orillia	2:20:09.5	0:27:49.2	10.70	80.15

				1:08:41.9	1:11:27.6			
11	120	Laurent Saugrin	Markham	2:24:06.1	0:31:45.8	10.41	77.95	
				1:11:20.5	1:12:45.6			
12	129	Carlos Vicens	Toronto	2:24:42.2	0:32:21.9	10.37	77.63	
				1:09:03.8	1:15:38.4			
13	65	Carey Arnott	Whitby	2:26:18.1	0:33:57.8	10.25	76.78	
				1:08:28.0	1:17:50.1			
14	103	Greg Leskien	Cambridge	2:26:44.1	0:34:23.8	10.22	76.55	
				1:10:54.6	1:15:49.5			
15	81	Chris Doran	Georgetown	2:29:17.4	0:36:57.1	10.05	75.24	
				1:13:24.1	1:15:53.3			
16	108	Douglas Marshall	Midland	2:36:10.6	0:43:50.3	9.60	71.93	
				1:16:31.4	1:19:39.2			
17	100	David Knox	Midhurst	2:39:19.5	0:46:59.2	9.41	70.50	
				1:14:17.5	1:25:02.0			
18	91	Bert Geyer	Newmarket	2:41:39.9	0:49:19.6	9.28	69.48	
				1:16:07.1	1:25:32.8			
19	95	Dave Harrison	Komoka	3:03:59.2	1:11:38.9	8.15	61.05	
				1:23:40.7	1:40:18.5			
20	79	Shaun Demers	Barrie	3:04:40.5	1:12:20.2	8.12	60.83	
					1:19:28.8	1:45:11.7		
21	66	Greg Aspden	St Catharines		3:34:41.5	1:42:21.2	6.99	52.32
					1:28:46.1	2:05:55.4		

OFFICIAL RESULTS **25.00 Km** **25 km Men 45 +**

RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H	%
1	126	Mark Tarnopolsky	Hamilton	1:57:26.6		12.77	100.00
				0:57:32.9	0:59:53.7		
2	106	Allan Magi	Dundas	1:58:38.3	0:01:11.7	12.64	98.99
				0:57:37.0	1:01:01.3		
3	123	Jason Shaw	Mt Albert	2:06:09.2	0:08:42.6	11.89	93.09
				1:00:47.1	1:05:22.1		
4	109	Keith Mercer	Orillia	2:15:25.7	0:17:59.1	11.08	86.71
				1:07:18.6	1:08:07.1		
5	71	David Bondy	Scarborough	2:17:58.6	0:20:32.0	10.87	85.11
				1:07:49.4	1:10:09.2		
6	113	Shawn Patton	Barrie	2:18:43.8	0:21:17.2	10.81	84.65
				1:08:23.7	1:10:20.1		
7	121	Scott Sawyer	Pickering	2:23:32.5	0:26:05.9	10.45	81.81
				1:08:44.3	1:14:48.2		
8	86	Mike Ferguson	Toronto	2:29:06.4	0:31:39.8	10.06	78.76
				1:11:18.0	1:17:48.4		
9	87	Rick Fishell	Toronto	2:35:20.7	0:37:54.1	9.66	75.60
				1:14:08.2	1:21:12.5		
10	78	Greg Cormack	Churchill	2:39:01.2	0:41:34.6	9.43	73.85

				1:17:39.1	1:21:22.1		
11	92	Sheldon Gragg	Georgetown	2:43:46.7	0:46:20.1	9.16	71.70
				1:14:34.9	1:29:11.8		
12	104	Bill Maciver	Toronto	2:43:55.4	0:46:28.8	9.15	71.64
				1:22:19.9	1:21:35.5		
13	89	Scott Garrett	Shanty Bay	2:43:59.3	0:46:32.7	9.15	71.61
				1:21:01.6	1:22:57.7		
14	30	Peter Kalra	Acton	2:44:17.7	0:46:51.1	9.13	71.48
				1:18:50.1	1:25:27.6		
15	75	Chris Brokenshire	Etobicoke	2:47:12.5	0:49:45.9	8.97	70.23
				1:20:59.3	1:26:13.2		
16	107	Pierre Marcoux	Creemore	2:47:26.3	0:49:59.7	8.96	70.14
				1:18:37.9	1:28:48.4		
17	112	Alan Paterson	Pickering	2:48:54.1	0:51:27.5	8.88	69.53
				1:17:04.8	1:31:49.3		
18	69	Ray Bisson	Toronto	2:53:37.4	0:56:10.8	8.64	67.64
				1:21:42.1	1:31:55.3		
19	122	Bob Schwarz	Bradford	2:56:22.1	0:58:55.5	8.50	66.58
				1:24:01.4	1:32:20.7		
20	111	Reed Nelson	Toronto	2:56:56.7	0:59:30.1	8.48	66.37
				1:24:08.2	1:32:48.5		
21	76	Gary Cambridge	Ilderton	2:57:37.4	1:00:10.8	8.44	66.11
				1:23:03.0	1:34:34.4		
22	125	Richard Slaght	Keswick	2:58:21.2	1:00:54.6	8.41	65.84
				1:24:46.8	1:33:34.4		
23	132	Mark Wilkinson	London	2:58:50.2	1:01:23.6	8.39	65.67
				1:23:42.8	1:35:07.4		
24	118	Michael Rigato	Brampton	3:00:36.7	1:03:10.1	8.31	65.02
				1:26:19.3	1:34:17.4		
25	116	Paul Raymond	Orillia	3:23:05.4	1:25:38.8	7.39	57.82
				1:36:21.1	1:46:44.3		
26	99	Gary Johnson	Oakville	3:49:18.8	1:51:52.2	6.54	51.21
				1:49:36.7	1:59:42.1		
	93	Andrew Hall	Kingston	D N S	-----		----
					XX:XX:XX.X	XX:XX:XX.X	

OFFICIAL RESULTS				25.00 Km		25 km Women 44 & U	
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RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H	%
1	70	Krista Bolyea	Orillia	2:13:48.7		11.21	100.00
				1:06:30.7	1:07:18.0		
2	131	Chantal Warriner	Barrie	2:13:50.4	0:00:01.7	11.21	99.97
				1:06:31.3	1:07:19.1		
3	105	Sue Mackay	Thornbury	2:28:15.6	0:14:26.9	10.12	90.25
				1:11:19.2	1:16:56.4		
4	68	Barbara Goldman	Thornhill	3:04:27.1	0:50:38.4	8.13	72.54

				1:25:10.9	1:39:16.2		
5	90	Kim Getty	Horseshoe Valley	3:08:45.9	0:54:57.2	7.95	70.88
				1:30:28.0	1:38:17.9		
6	130	Sarah Vurma	Coldwater	3:08:46.6	0:54:57.9	7.95	70.88
				1:30:44.1	1:38:02.5		
7	133	Jody Levine	Etobicoke	3:13:07.7	0:59:19.0	7.77	69.28
				1:31:07.2	1:42:00.5		
8	102	Jennifer Lamarre	Mississauga	3:17:58.5	1:04:09.8	7.58	67.59
				1:37:09.0	1:40:49.5		
9	77	Judy Compton	Toronto	3:18:03.6	1:04:14.9	7.57	67.56
				1:37:28.3	1:40:35.3		
10	16	Christy Drimmel	Sudbury	3:22:18.6	1:08:29.9	7.41	66.14
				1:33:17.1	1:49:01.5		
11	67	Kate Auger	Bolton	3:39:12.5	1:25:23.8	6.84	61.04
				1:43:05.9	1:56:06.6		
12	80	Kim Diamond	Toronto	4:07:07.5	1:53:18.8	6.07	54.14
				1:53:01.9	2:14:05.6		
	119	Kristen Roth	Barrie	D N S	-----		----
				XX:XX:XX.X	XX:XX:XX.X		
	135	Clare Mitchell	Barrie		D N F	-----	----
					1:33:40.9	XX:XX:XX.X	

OFFICIAL RESULTS	25.00 Km	25 km Women 45 +
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RK	BIB	PARTICIPANT	TEAM	FINISH Lap 1	--DIFF-- Lap 2	AV KM/H	%
1	94	Dawn Hamel	Sugarbush	2:18:43.0		10.81	100.00
				1:07:14.2	1:11:28.8		
2	88	Heather Forster	Everett	2:52:51.5	0:34:08.5	8.68	80.24
				1:20:56.1	1:31:55.4		
3	82	Lee Dungate	Utopia	2:55:37.1	0:36:54.1	8.54	78.98
				1:24:13.2	1:31:23.9		
4	83	Brenda East	Midhurst	2:58:32.3	0:39:49.3	8.40	77.69
				1:24:11.2	1:34:21.1		
5	127	Jackie Tarnopolsky	Hamilton	2:58:49.0	0:40:06.0	8.39	77.57
				1:25:08.0	1:33:41.0		
6	101	Sandra Lalonde	Barrie	3:03:56.5	0:45:13.5	8.15	75.41
				1:27:37.2	1:36:19.3		
7	117	Kristine Raymond	Orillia	3:07:57.8	0:49:14.8	7.98	73.79
				1:29:12.7	1:38:45.1		
8	18	Lee Anne Francis	Courtice	3:14:25.3	0:55:42.3	7.72	71.34
				1:29:00.5	1:45:24.8		
	72	Christine Boose	Windsor	D N S	-----		----
				XX:XX:XX.X	XX:XX:XX.X		

OFFICIAL RESULTS	50.00 Km	50 km TRAIL RUN OVERALL
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RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H Lap 3	Lap 4	%
1	45	Alistair Munro	Toronto	4:25:06.5		11.32		100.00
				1:03:17.1	1:04:10.1	1:05:46.6	1:11:52.7	
2	2	Ken Arnott	Newmarket	4:43:08.4	0:18:01.9	10.60		93.63
				1:04:34.6	1:04:12.4	1:17:00.6	1:17:20.8	
3	7	Jonathan Black	Willowdale	4:45:56.9	0:20:50.4	10.49		92.71
				1:04:51.6	1:07:16.5	1:14:48.4	1:19:00.4	
4	11	Ben Compton	Toronto	4:56:04.9	0:30:58.4	10.13		89.53
				1:09:27.2	1:09:09.3	1:18:04.7	1:19:23.7	
5	47	Jan Olson	Barrie	4:57:18.9	0:32:12.4	10.09		89.16
				1:03:49.2	1:08:14.5	1:19:22.5	1:25:52.7	
6	9	Dave Champion	Kitchener	4:57:55.1	0:32:48.6	10.07		88.98
				1:08:15.8	1:11:32.8	1:18:56.3	1:19:10.2	
7	40	Laurie Mcgrath	Baden	4:59:37.9	0:34:31.4	10.01		88.47
				1:11:08.0	1:13:18.2	1:18:18.2	1:16:53.5	
8	61	Steven Galen	Toronto	5:13:59.6	0:48:53.1	9.55		84.43
				1:11:16.9	1:16:41.3	1:23:48.6	1:22:12.8	
9	31	Keith Lascelles	Barrie	5:15:05.6	0:49:59.1	9.52		84.13
				1:13:11.2	1:16:02.5	1:21:06.7	1:24:45.2	
10	58	Glenn Whitehead	London	5:17:44.1	0:52:37.6	9.44		83.43
				1:13:42.4	1:28:05.4	1:16:13.2	1:19:43.1	
11	42	Ken Moon	Lisle	5:20:27.5	0:55:21.0	9.36		82.72
				1:10:58.2	1:16:01.2	1:23:40.3	1:29:47.8	
12	24	Brian Groot	London	5:24:27.7	0:59:21.2	9.25		81.70
				1:14:10.4	1:16:32.9	1:27:41.1	1:26:03.3	
13	12	Shauna Connaughton	Kingston	5:24:45.4	0:59:38.9	9.24		81.63
				1:12:30.5	1:16:45.3	1:28:39.9	1:26:49.7	
14	41	Chris Mcpeake	Toronto	5:26:37.6	1:01:31.1	9.18		81.16
				1:12:05.0	1:20:36.3	1:28:46.9	1:25:09.4	
15	34	Robert Lebrun	Callander	5:27:38.3	1:02:31.8	9.16		80.91
				1:20:46.9	1:24:02.1	1:23:13.4	1:19:35.9	
16	48	Mauricio Osorio	London	5:37:30.0	1:12:23.5	8.89		78.55
				1:15:45.5	1:26:21.4	1:25:05.2	1:30:17.9	
17	53	Steph Rahilly	Whitby	5:38:33.0	1:13:26.5	8.86		78.30
				1:17:52.7	1:27:24.6	1:26:10.1	1:27:05.6	
18	3	Colin Arnott	Whitby	5:38:59.3	1:13:52.8	8.85		78.20
				1:15:23.9	1:19:57.6	1:30:42.3	1:32:55.5	
19	39	David Mcconkey	Peterborough	5:41:01.5	1:15:55.0	8.80		77.73
				1:12:00.3	1:20:18.2	1:31:38.7	1:37:04.3	
20	29	Gene Jochen	Peterborough	5:46:00.7	1:20:54.2	8.67		76.61
				1:15:25.4	1:23:39.4	1:35:09.8	1:31:46.1	
21	44	Jim Mullenix	London	5:47:16.8	1:22:10.3	8.64		76.33
				1:17:40.7	1:22:56.9	1:33:40.4	1:32:58.8	

22	50	Steven Parke	Kitchener	5:49:03.4	1:23:56.9	8.59		75.94
				1:15:47.5	1:19:24.4	1:36:28.2	1:37:23.3	
23	15	Scott Douglas	Kitchener	5:51:24.0	1:26:17.5	8.54		75.44
				1:17:14.2	1:24:09.1	1:32:34.4	1:37:26.3	
24	23	Christy Gombay	Peterborough	5:53:00.7	1:27:54.2	8.50		75.09
				1:15:44.0	1:22:54.6	1:35:30.8	1:38:51.3	
25	43	Jim Morrison	Thornhill	5:54:51.0	1:29:44.5	8.45		74.70
				1:17:33.5	1:29:59.8	1:31:19.8	1:35:57.9	
26	5	Steve Beach	Richmond Hill	5:58:46.5	1:33:40.0	8.36		73.89
				1:28:00.1	1:33:50.0	1:38:38.6	1:18:17.8	
27	55	Dave Smith	Coldwater	6:01:54.6	1:36:48.1	8.29		73.25
				1:11:25.9	1:13:19.6	1:37:27.9	1:59:41.2	
28	52	Henri Ragetlie	St. Catharines	6:02:37.6	1:37:31.1	8.27		73.10
				1:16:16.6	1:22:08.3	1:41:31.1	1:42:41.6	
29	27	Ronald Irwin	Durham	6:05:13.1	1:40:06.6	8.21		72.58
				1:23:29.0	1:25:59.4	1:34:04.9	1:41:39.8	
30	63	Paul Brazeau	Pickering	6:09:44.0	1:44:37.5	8.11		71.70
				1:33:07.1	1:22:39.6	1:17:45.2	1:56:12.1	
31	51	Howard Parker	Scarborough	6:13:55.2	1:48:48.7	8.02		70.89
				1:14:28.4	1:31:59.7	1:46:06.1	1:41:21.0	
32	35	Dan Macdonald	Barrie	6:16:03.3	1:50:56.8	7.98		70.49
				1:15:22.9	1:24:46.7	1:45:36.7	1:50:17.0	
33	21	Ronald Gehl	Kitchener	6:18:11.4	1:53:04.9	7.93		70.09
				1:21:14.3	1:31:32.0	1:46:02.4	1:39:22.7	
34	49	Oliver Owens	Barrie	6:18:16.1	1:53:09.6	7.93		70.08
				1:21:06.8	1:30:53.7	1:46:44.3	1:39:31.3	
35	6	Jean Daniel Begin	Toronto	6:21:47.5	1:56:41.0	7.86		69.43
				1:27:31.5	1:34:19.8	1:39:05.5	1:40:50.7	
36	17	Gord England	Toronto	6:26:42.2	2:01:35.7	7.76		68.55
				1:27:06.5	1:36:22.8	1:34:48.0	1:48:24.9	
37	4	Chris Battaglia	Barrie	6:27:56.8	2:02:50.3	7.73		68.33
				1:24:20.1	1:34:25.2	1:46:43.1	1:42:28.4	
38	60	Christopher Woll	Syracuse	6:32:46.1	2:07:39.6	7.64		67.49
				1:22:07.5	1:33:05.0	1:44:35.9	1:52:57.7	
39	26	Maryka Hladki	Newmarket	6:36:21.3	2:11:14.8	7.57		66.88
				1:30:18.3	1:39:24.2	1:44:31.8	1:42:07.0	
40	22	Jim Glen	Hamilton	6:40:09.7	2:15:03.2	7.50		66.25
				1:28:50.1	1:34:18.9	1:47:02.5	1:49:58.2	
41	57	Patricia Sommers	Kitchener	6:41:28.4	2:16:21.9	7.47		66.03
				1:22:14.4	1:42:54.5	1:51:14.3	1:45:05.2	
42	28	Liisa Jewczyk	Sharon	6:49:06.6	2:24:00.1	7.33		64.80
				1:27:27.7	1:35:11.6	1:51:30.6	1:54:56.7	
43	14	Kelly Dorey	Markham	6:52:52.2	2:27:45.7	7.27		64.21
				1:32:46.1	1:42:37.1	1:47:43.8	1:49:45.2	

44	36	Hans Maier	Stouffville	6:53:09.4	2:28:02.9	7.26		64.16
				1:29:49.1	1:43:18.2	1:46:21.8	1:53:40.3	
45	8	John Buchanan	Mississauga	7:01:36.9	2:36:30.4	7.12		62.87
				1:37:37.0	1:38:13.8	1:48:03.2	1:57:42.9	
46	33	Armand Leblanc	Angus	7:02:16.0	2:37:09.5	7.10		62.78
				1:29:14.6	1:43:56.6	1:53:01.9	1:56:02.9	
47	19	Lise Gagne	Angus	7:02:21.2	2:37:14.7	7.10		62.76
				1:29:17.1	1:44:23.7	1:53:08.1	1:55:32.3	
48	59	Clay Williams	Kitchener	7:03:17.3	2:38:10.8	7.09		62.63
				1:30:35.6	1:43:45.0	1:53:52.4	1:55:04.3	
49	62	Catherine Harding	Barrie	7:34:58.1	3:09:51.6	6.59		58.26
				1:34:20.6	1:47:20.7	2:01:49.7	2:11:27.1	
50	25	Emmy Hendrickx	Aurora	7:48:37.7	3:23:31.2	6.40		56.57
				1:46:09.5	2:04:52.4	2:10:39.2	1:46:56.6	
51	54	Aimee Runge	Milton	7:50:08.4	3:25:01.9	6.38		56.38
				1:36:20.4	1:54:26.9	2:11:32.4	2:07:48.7	
	10	Paul Chenery	Toronto	D N F	-----			----
				1:11:10.2	1:15:36.1	1:34:36.6	XX:XX:XX.X	
	13	Wendy Cormier	Brantford	D N F	-----			----
				1:47:25.4	2:05:17.0	2:15:02.7	XX:XX:XX.X	
	20	Scott Gallagher	Thornhill	D N F	-----			----
				1:43:34.8	2:02:49.3	2:12:43.2	XX:XX:XX.X	
	32	Rejean Paul Lavoie	Kitchener	D N S	-----			----
				XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	
	37	Herve Mallet	Peterborough	D N F	-----			----
				1:11:43.6	1:14:26.1	1:25:46.1	XX:XX:XX.X	
	38	Helen Malmberg	Toronto	D N F	-----			----
				1:48:43.9	2:03:34.3	2:15:11.2	XX:XX:XX.X	
	46	Kendra Olsen	Caledon East		D N S	-----		
						XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X

OFFICIAL RESULTS **50.00 Km** **50 km Men 44 & U**

RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H Lap 3	Lap 4	%
1	45	Alistair Munro	Toronto	4:25:06.5		11.32		100.00
				1:03:17.1	1:04:10.1	1:05:46.6	1:11:52.7	
2	47	Jan Olson	Barrie	4:57:18.9	0:32:12.4	10.09		89.16
				1:03:49.2	1:08:14.5	1:19:22.5	1:25:52.7	
3	61	Steven Galen	Toronto	5:13:59.6	0:48:53.1	9.55		84.43
				1:11:16.9	1:16:41.3	1:23:48.6	1:22:12.8	
4	58	Glenn Whitehead	London	5:17:44.1	0:52:37.6	9.44		83.43

				1:13:42.4	1:28:05.4	1:16:13.2	1:19:43.1	
5	24	Brian Groot	London	5:24:27.7	0:59:21.2	9.25		81.70
				1:14:10.4	1:16:32.9	1:27:41.1	1:26:03.3	
6	41	Chris Mcpeake	Toronto	5:26:37.6	1:01:31.1	9.18		81.16
				1:12:05.0	1:20:36.3	1:28:46.9	1:25:09.4	
7	48	Mauricio Osorio	London	5:37:30.0	1:12:23.5	8.89		78.55
				1:15:45.5	1:26:21.4	1:25:05.2	1:30:17.9	
8	50	Steven Parke	Kitchener	5:49:03.4	1:23:56.9	8.59		75.94
				1:15:47.5	1:19:24.4	1:36:28.2	1:37:23.3	
9	55	Dave Smith	Coldwater	6:01:54.6	1:36:48.1	8.29		73.25
				1:11:25.9	1:13:19.6	1:37:27.9	1:59:41.2	
10	63	Paul Brazeau	Pickering	6:09:44.0	1:44:37.5	8.11		71.70
				1:33:07.1	1:22:39.6	1:17:45.2	1:56:12.1	
11	35	Dan Macdonald	Barrie	6:16:03.3	1:50:56.8	7.98		70.49
				1:15:22.9	1:24:46.7	1:45:36.7	1:50:17.0	
12	49	Oliver Owens	Barrie	6:18:16.1	1:53:09.6	7.93		70.08
				1:21:06.8	1:30:53.7	1:46:44.3	1:39:31.3	
13	60	Christopher Woll	Syracuse	6:32:46.1	2:07:39.6	7.64		67.49
				1:22:07.5	1:33:05.0	1:44:35.9	1:52:57.7	
14	22	Jim Glen	Hamilton	6:40:09.7	2:15:03.2	7.50		66.25
				1:28:50.1	1:34:18.9	1:47:02.5	1:49:58.2	
15	8	John Buchanan	Mississauga	7:01:36.9	2:36:30.4	7.12		62.87
				1:37:37.0	1:38:13.8	1:48:03.2	1:57:42.9	
	32	Rejean Paul Lavoie	Kitchener	D N S	-----			-----
				XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	
	37	Herve Mallet	Peterborough	D N F	-----			-----
				1:11:43.6	1:14:26.1	1:25:46.1	XX:XX:XX.X	

OFFICIAL RESULTS				50.00 Km			50 km Men 45 +		
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RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H Lap 3	Lap 4	%
1	2	Ken Arnott	Newmarket	4:43:08.4		10.60		100.00
				1:04:34.6	1:04:12.4	1:17:00.6	1:17:20.8	
2	7	Jonathan Black	Willowdale	4:45:56.9	0:02:48.5	10.49		99.01
				1:04:51.6	1:07:16.5	1:14:48.4	1:19:00.4	
3	11	Ben Compton	Toronto	4:56:04.9	0:12:56.5	10.13		95.62
				1:09:27.2	1:09:09.3	1:18:04.7	1:19:23.7	
4	9	Dave Champion	Kitchener	4:57:55.1	0:14:46.7	10.07		95.03
				1:08:15.8	1:11:32.8	1:18:56.3	1:19:10.2	
5	31	Keith Lascelles	Barrie	5:15:05.6	0:31:57.2	9.52		89.85
				1:13:11.2	1:16:02.5	1:21:06.7	1:24:45.2	
6	42	Ken Moon	Lisle	5:20:27.5	0:37:19.1	9.36		88.35
				1:10:58.2	1:16:01.2	1:23:40.3	1:29:47.8	
7	34	Robert Lebrun	Callander	5:27:38.3	0:44:29.9	9.16		86.41
				1:20:46.9	1:24:02.1	1:23:13.4	1:19:35.9	

8	3	Colin Arnott	Whitby	5:38:59.3	0:55:50.9	8.85		83.52
				1:15:23.9	1:19:57.6	1:30:42.3	1:32:55.5	
9	39	David Mcconkey	Peterborough	5:41:01.5	0:57:53.1	8.80		83.02
				1:12:00.3	1:20:18.2	1:31:38.7	1:37:04.3	
10	29	Gene Jochen	Peterborough	5:46:00.7	1:02:52.3	8.67		81.82
				1:15:25.4	1:23:39.4	1:35:09.8	1:31:46.1	
11	44	Jim Mullenix	London	5:47:16.8	1:04:08.4	8.64		81.53
				1:17:40.7	1:22:56.9	1:33:40.4	1:32:58.8	
12	15	Scott Douglas	Kitchener	5:51:24.0	1:08:15.6	8.54		80.57
				1:17:14.2	1:24:09.1	1:32:34.4	1:37:26.3	
13	23	Christy Gombay	Peterborough	5:53:00.7	1:09:52.3	8.50		80.20
				1:15:44.0	1:22:54.6	1:35:30.8	1:38:51.3	
14	43	Jim Morrison	Thornhill	5:54:51.0	1:11:42.6	8.45		79.79
				1:17:33.5	1:29:59.8	1:31:19.8	1:35:57.9	
15	5	Steve Beach	Richmond Hill	5:58:46.5	1:15:38.1	8.36		78.91
				1:28:00.1	1:33:50.0	1:38:38.6	1:18:17.8	
16	52	Henri Ragetlie	St. Catharines	6:02:37.6	1:19:29.2	8.27		78.08
				1:16:16.6	1:22:08.3	1:41:31.1	1:42:41.6	
17	27	Ronald Irwin	Durham	6:05:13.1	1:22:04.7	8.21		77.52
				1:23:29.0	1:25:59.4	1:34:04.9	1:41:39.8	
18	51	Howard Parker	Scarborough	6:13:55.2	1:30:46.8	8.02		75.72
				1:14:28.4	1:31:59.7	1:46:06.1	1:41:21.0	
19	21	Ronald Gehl	Kitchener	6:18:11.4	1:35:03.0	7.93		74.86
				1:21:14.3	1:31:32.0	1:46:02.4	1:39:22.7	
20	6	Jean Daniel Begin	Toronto	6:21:47.5	1:38:39.1	7.86		74.16
				1:27:31.5	1:34:19.8	1:39:05.5	1:40:50.7	
21	17	Gord England	Toronto	6:26:42.2	1:43:33.8	7.76		73.21
				1:27:06.5	1:36:22.8	1:34:48.0	1:48:24.9	
22	4	Chris Battaglia	Barrie	6:27:56.8	1:44:48.4	7.73		72.98
				1:24:20.1	1:34:25.2	1:46:43.1	1:42:28.4	
23	36	Hans Maier	Stouffville	6:53:09.4	2:10:01.0	7.26		68.53
				1:29:49.1	1:43:18.2	1:46:21.8	1:53:40.3	
24	33	Armand Leblanc	Angus	7:02:16.0	2:19:07.6	7.10		67.05
				1:29:14.6	1:43:56.6	1:53:01.9	1:56:02.9	
25	59	Clay Williams	Kitchener	7:03:17.3	2:20:08.9	7.09		66.89
				1:30:35.6	1:43:45.0	1:53:52.4	1:55:04.3	
	10	Paul Chenery	Toronto	D N F	-----			-----
				1:11:10.2	1:15:36.1	1:34:36.6	XX:XX:XX.X	
	20	Scott Gallagher	Thornhill	D N F	-----			-----
				1:43:34.8	2:02:49.3	2:12:43.2	XX:XX:XX.X	

OFFICIAL RESULTS				50.00 Km			50 km Women 44 & U		
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RK	BIB	PARTICIPANT		FINISH Lap 1	--DIFF-- Lap 2	AV KM/H Lap 3	Lap 4	%
1	40	Laurie McGrath	Baden	4:59:37.9		10.01		100.00
				1:11:08.0	1:13:18.2	1:18:18.2	1:16:53.5	

2	12	Shauna Connaughton	Kingston	5:24:45.4	0:25:07.5	9.24		92.26
				1:12:30.5	1:16:45.3	1:28:39.9	1:26:49.7	
3	53	Steph Rahilly	Whitby	5:38:33.0	0:38:55.1	8.86		88.50
				1:17:52.7	1:27:24.6	1:26:10.1	1:27:05.6	
4	26	Maryka Hladki	Newmarket	6:36:21.3	1:36:43.4	7.57		75.59
				1:30:18.3	1:39:24.2	1:44:31.8	1:42:07.0	
5	28	Liisa Jewczyk	Sharon	6:49:06.6	1:49:28.7	7.33		73.23
				1:27:27.7	1:35:11.6	1:51:30.6	1:54:56.7	
6	14	Kelly Dorey	Markham	6:52:52.2	1:53:14.3	7.27		72.57
				1:32:46.1	1:42:37.1	1:47:43.8	1:49:45.2	
7	62	Catherine Harding	Barrie	7:34:58.1	2:35:20.2	6.59		65.85
				1:34:20.6	1:47:20.7	2:01:49.7	2:11:27.1	
8	54	Aimee Runge	Milton	7:50:08.4	2:50:30.5	6.38		63.73
				1:36:20.4	1:54:26.9	2:11:32.4	2:07:48.7	

OFFICIAL RESULTS				50.00 Km			50 km Women 45 +		
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RK	BIB	PARTICIPANT	CITY	FINISH Lap 1	--DIFF-- Lap 2	AV KM/H Lap 3	Lap 4	%
1	57	Patricia Sommers	Kitchener	6:41:28.4		7.47		100.00
				1:22:14.4	1:42:54.5	1:51:14.3	1:45:05.2	
2	19	Lise Gagne	Angus	7:02:21.2	0:20:52.8	7.10		95.05
				1:29:17.1	1:44:23.7	1:53:08.1	1:55:32.3	
3	25	Emmy Hendrickx	Aurora	7:48:37.7	1:07:09.3	6.40		85.66
				1:46:09.5	2:04:52.4	2:10:39.2	1:46:56.6	
	13	Wendy Cormier	Brantford	D N F	-----			-----
				1:47:25.4	2:05:17.0	2:15:02.7	XX:XX:XX.X	
	38	Helen Malmberg	Toronto	D N F	-----			-----
				1:48:43.9	2:03:34.3	2:15:11.2	XX:XX:XX.X	
	46	Kendra Olsen	Caledon East	D N S	-----			-----
				XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	XX:XX:XX.X	